

VETERANS JOURNAL



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Fall 2013 Issue

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The information in this journal is being provided to make the veteran community aware of some current events, activities and veterans issues that are of mutual concern. From time to time, we will include some relevant information important enough to be repeated to insure that veterans and their families are aware of the full range of benefits and entitlements available to them.



*Fall is a shivering touch of cold
and cozy quilts.*

*Fall is the colors of orange
and red and yellow.*

*Fall is the season of pumpkins
and scarecrows.*

*Fall is the time for harvesting
and saying thanks.*

Autumn is fall.

Fall is autumn.



"Ohio Veterans Bonus Deadline Approaches"



Action is particularly critical for two groups of veterans –

Persian Gulf War Veterans: The deadline to apply for the Persian Gulf veterans is December 31, 2013. The eligible period is from August 2, 1990 through March 3, 1991.

Iraq War Veterans: The deadline to apply for the Iraq War veterans is December 31, 2014. The period is from March 19, 2003 through December 31, 2011.

Specific criteria for award of the Ohio Veterans Bonus is service in the Armed Forces of more than 90 days active duty, not for training, during the dates provided for each war. Eligible veterans must have been Ohio residents at the time of their entry into the service, and must be Ohio residents currently.

For more information or to apply call toll-free to 1-877-OHIO VET (1-877-644-6838); visit any of the 88

county service offices; or go on-line to www.veteransbonus.ohio.gov.

"Tricare Prime Deadline Approaching"

Retirees far from bases will be losing their Tricare Prime on October 1st, 2013. Tricare Prime, the military's managed-care option, will end for retirees, their family members and for military survivors who reside more than 40 miles from a military treatment facility or from a base closure site. You will need to shift to the Tricare Standard, the military's fee-for-service health insurance option. For beneficiaries who use more than preventive health care during the year, the shift will mean higher out-of-pocket costs.



"Thankfulness"

For my Family who are always there
Letting me know how much they care
For the Freedoms here in America though
many take them for granted.
For education which is the key,
For the Caring person that
I will be.





“VA Blue Water Claims Update”

VA (2013). The list of U.S. Navy and Coast Guard (USCG) vessels exposed to Agent Orange during the Vietnam Era has been updated with 71 more vessels. The list of 285 vessels, maintained by the Department of Veterans Affairs (VA), is of particular interest to those former service members experiencing health problems related to herbicide exposure, as it may help expedite their claims for VA health and disability benefits. If your vessel is not included in the Mobile Riverine Force, ISF Division 93 or listed designations at <http://www.publichealth.va.gov/exposures/agentorange/shiplist/index.asp#find>, check VA's alphabetized ship list at <http://www.publichealth.va.gov/exposures/agentorange/shiplist/list.asp>. If your ship is not on the list and you believe it should, you may conduct your own research and submit documentary evidence to VA. Documentary evidence includes deck logs, ship histories, and cruise book entries. You may obtain ship deck logs from the National Archives at College Park, Maryland. This evidence must show the ship entering the inland waterways of Vietnam, docking in Vietnam, or otherwise sending crew members ashore. A ship that anchored in an open water harbor, such as Da Nang Harbor, is not sufficient evidence for the presumption of Agent Orange exposure. You must scan your documentary evidence and email it to the Veterans Benefits Administration's Compensation Service at 211_AOSHIPS.VBACO@va.gov. Emails sent to this email address are not secure so you should not include personal data. For questions about your eligibility for disability compensation refer to <http://www.publichealth.va.gov/exposures/agentorange/disability-compensation.asp>.

“Report Recommends Merging DoD and VA Records”

Isaac F. Davis (July 2, 2013). VeteransJournal.com – The Institute of Medicine (IOM) recently criticized the Department of Defense (DoD) and Veterans Affairs (VA) for using unproven diagnostic therapies to treat returning service members. The 500 page report, which was requested by Congress in the wake of steadily growing unemployment and suicide rates among vets, noted that VA and DoD need to work on evidence-based treatments in order to see better results.

“The number of people affected, the influx of returning personnel as the conflicts wind down, and the potential long-term consequences of their service heighten the urgency of putting the appropriate knowledge and resources in place to make re-entry into post-deployment life as easy as possible,” Dr. George Rutherford, chairman of the IOM's committee on the assessment of readjustment needs of military personnel, veterans, and their families, told NBC.

In order to help VA and DoD make successful changes in their treatment policies for returning vets, the IOM recommended that the VA and DoD must:

Make efforts to reduce the stigma associated with veterans seeking mental health issues or substance abuse care.

Implement new forms of therapy that connect veterans with traumatic brain injuries and the growing suicide crisis amongst returning vets instead of relying on current treatments have not been shown to be effective.

Find new way to treat veterans suffering from depression. VA's 'Acceptance and Commitment Therapy' to treat depression lacks sufficient evidence for its effectiveness.

Link their databases so that the health records of all service members may be tracked from the moment they enter the service through their VA treatments.

In addition, the report recommended restricting veterans

who may be suicidal from owning a lethal weapon. Rutherford said that the VA and DoD will be able to better help service men and women while providing them with more efficient veterans benefits. “These recommendations are meant to be helpful, meant to be more of a roadmap of how to pursue these issues,” Rutherford said. “These are extraordinary challenges that the systems are facing and they've gone to extraordinary efforts to try and work with them.”

“Veterans Beat: Posts get break in state budget”

Streetsboro: The Gateway News (July 10, 2013) – Good news for Ohio veterans is part of the state's fiscal year 2014 budget, according to the Ohio Department of Veterans Services.

Veterans Organizations and posts can now make up to \$36,000 a year from rental income before being subject to property taxes. The previous cap was \$10,000 a year, and included rental income as well as income from other sources.

There's more. Veterans Service Organization are now required to prepare an annual report on their veteran and community-support activities to the director of the Ohio Department of Veterans Services, who must certify the report in order for the organizations to receive state funding. This process increases transparency of taxpayer dollars while providing the veterans service organizations the opportunity to showcase the good work they are doing in their communities.

And, the Ohio Veterans Homes in Sandusky and Georgetown can continue to provide quality care for the state's most vulnerable veterans without reducing services at no additional cost in taxpayer dollars. For more information, call 888-387-6446.





“VA Has Converted Over 30 Percent of Disability Claims into Digital Files”

The Department of Veterans Affairs (July 18, 2013) – The VA has reached another milestone in its disability claims transformation process – over 30 percent of the current disability claims inventory is now digital and accessible to claim raters in VA's electronic claims processing system, which has now been fielded ahead of schedule at all 56 Regional Offices across the country. This effort is a key part of transforming outdated paper processing into an electronic system that is delivering disability claims decisions for Veterans more quickly. In addition, all incoming paper claims are transformed into digital records for electronic processing using VA's new claims processing software and electronic repository.

“Reminder On Retired Military ID Cards”

Blue retiree identification cards issued prior to December 2012 had the word “indef” instead of an expiration date. Retiree cards issued since December 2012 have an expiration date effective the day before the retiree's 65th birthday. Although benefits will not automatically expire, some changes will take effect based on Medicare eligibility. Retirees who now have the new card showing the expiration date will get a replacement card showing the indefinite status once they turn 65.



“A Hero's Hero”

So Many Soldiers
Living on the Street
Their Spirits Broken
With Defeat

What Must They Think
When They Look Around
Eyes Passing By
Staring at the Ground

Does Anger Fill Them
When We Turn Away,
From the Debts We Owe
That Should Be Repaid?

What If At That Moment,
Just Once, Instead
We Saluted in Honor,
Right Hand to Head?
To Let Them Know
They are Not Ghosts,
Thanking Them for Being
Braver Than Most

If Everyone Would
Show Them Grace
We Just Might Find
Their Pain Erased

For All the Heroes,
Still Fighting To Live
And For Heroes Like You
Who Continue to Give

If You See Someone
Who Is Really Lost
Please Stop and Remember
What Our Freedoms Cost
~Anon~



“Ohio Veterans Home Receives Anti-crime Grant”

The Veteran Connection (Summer 2013) – A grant of \$21,238 went to the Ohio Department of Veterans Services to train Georgetown and Sandusky Ohio Veterans Homes' staff and resident workers in non-violent crisis intervention techniques when managing disruptive behavior. This grant was a portion of \$450,000 in anti-crime grants that were issued to help Ohioans with mental illnesses during the 2013 award period. The population of the Ohio Veterans Homes includes disabled men and women veterans who have served during a period of conflict from WWII up to and including the present war. Over 75% of these residents are diagnosed with a cognitive impairment or mental health condition. For more information on this article or about the grant go to <http://www.ohioveteranshome.gov>.

“More News from US Department of Veteran Affairs”

~ VA acquires more than 247 acres of land in Morvis, Puerto Rico, to prevent the loss of burial benefits to Puerto Rico Veterans when the Puerto Rico National Cemetery, located in Bayamon, closes to new casketed interments sometime in 2022. (7/2/2013)

~ VA grants will expand transportation in highly rural areas. Veterans will have improved access to health care under a Department of Veterans Affairs initiative that supports new transportation services for those living in highly rural areas. (7/10/2013)

~ VA announces \$300 million in new grants to help end Veterans' homelessness which will help approximately 120,000 homeless and at-risk Veterans and their families. \$10.3 million awarded to Ohio agencies. (7/11/2013)





“New Shelter Opening”

AKRON, Ohio (July 13, 2013) – A \$1.5 million shelter for homeless veterans called the Valor Home shelter has opened in Akron as part of a national effort to reduce homelessness among those who have served the military. For more information about Valor Home, to see a list of items still needed at the facility or to volunteer, go to www.valorhome.org.

“Lack of Funds Limits D.C. Trips for Aging Ohio Veterans”

ASSOCIATED PRESS (July 5, 2013) – A program that takes military veterans to Washington to view war memorials is limiting new applications from Ohio and neighboring states because of decreased funding. A decline in funding has led organizers of Honor Flight Northwest Ohio to stop accepting new applications.

Since Our Last Publication.....

“VA Launches Hotline to Answer Questions on VA Health Care and Benefits for Women Veterans”

WASHINGTON (April 23, 2013) – The Department of Veterans Affairs has launched a new hotline – 1-855-VA-WOMEN (1-855-829-6636) – to receive and respond to questions from Veterans, their families and caregivers about the many VA services and resources available to women Veterans.

“The Living Breath Project Brings Revolutionary PTSD Treatment to America’s Veterans”

New York (May 3, 2013) - Nearly 212,000 veterans from the wars in

Iraq and Afghanistan have been diagnosed with post-traumatic stress disorder (PTSD) by the VA, yet the organization believes that this number reflects only half of all PTSD cases in the U.S. The Living Breathing Project, a company dedicated to improving the lives of individual through its emotional wellness programs, has created the answer to the growing PTSD cases among our veterans: a groundbreaking PTSD therapy program can be purchased online at www.livingbreathproject.com for \$595 per program.

The therapy – called Protocol – can be practiced in the privacy of one’s home or as part of a group therapy. Using a proprietary three-step process – called the Living Breath Process – combining self-analysis, a special three-part breath and positive reinforcement, the Protocol clears the mind of negative thoughts and emotions stemming from trauma. By the end of the program, participants are able to address the underlying cause of the PTSD and return to normal lives. For more information for this program and other programs to help with addiction, depression, abuse, ADHD, grief, and more go to their website. For more the full article go to the following website: <http://www.veteranshour.com/bulletin.htm>.

“Draft Gulf War Task Force Report Released”

WASHINGTON (May 13, 2013) – Veterans Affairs Department’s Gulf War Veterans’ Illness Task Force will be publishing a comprehensive draft report in the *Federal Register* for public feedback and comment. The report describes how the Department of Veterans Affairs has been, and will continue to address the concerns of Veterans who deployed during the Gulf War in 1990 and 1991. Go to the Department of Veterans Affairs website for more information on the report.

“VA Hires Over 1,600 Mental Health Professionals”

WASHINGTON (June 3, 2013) – To meet goals, expand access to care and outreach efforts the VA reached the goal to hire 1,600 new mental health professionals outlined in President

Obama’s Aug. 31, 2012 Executive Order to Improve Access to Mental Health Services for Veterans, Service Members, and Military Families.

“New Technology in Place for Electronic Submission of Veterans’ Disability Claims”

WASHINGTON (June 18, 2013) – A new online application from the Department of Veterans Affairs enables disability compensation claims to be processed faster in a more end-to-end electronic environment, and VA is urging Veterans and their Veterans Service Organization (VSO) representatives to make full use of its capabilities to receive speedier decisions and reduce the backlog of claims.

“VA Starts Campaign to Raise PTSD Awareness”

WASHINGTON (June 24, 2013) – In observance of post-traumatic stress disorder (PTSD) awareness month, the Department of Veterans Affairs National Center for PTSD invites the public to participate in its “Take the Step” campaign. For more information on this campaign and on PTSD go to www.PTSD.va.gov.



“What is Veteran’s Day?”

*A Day to thank and honor
All those who served
honorably in the military
-In wartime or peacetime.
It is largely intended to
thank living Veterans for
their service, to
acknowledge that their
contributions to our
national security are
appreciated, and to
underscore the fact that all
those who served - not only
those who died - have
sacrificed and done their
duty.*





“Legislation”



H.R. 258 Stolen Valor Act of 2013

– Became law on June 18, 2013. Amends the federal criminal code to rewrite provisions relating to fraudulent claims about military service to subject to a fine, imprisonment for not more than one year, or both an individual who, with intent to obtain money, property, or other tangible benefit, fraudulently holds himself or herself out to be a recipient of: A Congressional Medal of Honor, a distinguished-service cross, a Navy cross, an Air Force cross, a silver star, a Purple Heart, a Combat Infantryman's Badge, a Combat Action Badge, a Combat Medical Badge, a Combat Action Ribbon, a Combat Action Medal, or any replacement or duplicate medal for such medal as authorized by law.

H.R. 588 Vietnam Veterans Donor Acknowledgement Act of 2013 –

Became law on July 18, 2013. Extends the authority of the Vietnam Memorial Fund, Inc. to construct a visitor center at or near the Vietnam Veterans Memorial on Federal land in the District of Columbia and authorizes the fund to acknowledge donor contributions to the center.

For more information on legislation on Veterans and Military go to <http://thomas.loc.gov/home/thomas.php> and in the search link put in Veterans or Military to see what the status is on any legislation of interest. Also, go to http://dvs.ohio.gov/legislative/pending_legislation.aspx for information on Veteran/Military Legislation in Ohio.



Keep your kids safe and healthy.

Take Steps to prevent flu and get smart about antibiotics.

Have a safe and healthy Halloween.

Test and replace batteries.

Keep food safe.

Be prepared for cold weather.

Don't Drink and Drive.

Wash your hands.

Vehicle Maintenance

Reflect on what's important.



“Strategies for Managing Stress During the Holidays and Events”

The holidays are great time to reconnect with family and friends and spend time with your loved ones, but the holidays can also be difficult. For those Service Members and Veterans who are coping with invisible wounds, the holidays may be stressful. Here are some tips to manage the stress:

1. Make plans before attending.
 - ~ Share a little at a time
 - ~ Listen without interrupting or getting defensive.
 - ~ Agree to disagree – Everyone has their own opinions.
 - ~ Respectfully decline to answer any question that crosses the boundaries you've set for what you are uncomfortable discussing.
2. Take time to reconnect with your loved ones.
 - ~ Share what's on your mind with loved ones.
 - ~ Don't be afraid to decline invitations for activities that might make you feel uncomfortable.
3. Mentally prepare.
 - ~ Be mindful about what makes you feel uncomfortable.

~ Be aware about how you think and behave in response to different scenarios.

4. Learn to manage feelings of stress and anger.
 - a. Managing Stress
 - ~ Exercise
 - ~ Meditating
 - b. Managing Anger
 - ~ Taking a deep breath and counting to 10 before reacting.
 - ~ Walking Away.
 - ~ Thinking about the ultimate consequences of your responses.
5. Reach out for support if you need it.
 - ~ It is a sign of strength.
6. Don't isolate yourself.
 - ~ Being around others is important to your well-being as it can strengthen your social network.

Just remember everyone can experience stress before, during, and after an event or gathering. Regardless of whether or not they have served our nation in the armed forces.

Websites, Apps, and Discounts...

~ ADA Compatible Business searchable database: <http://www.accesstogether.org>. This database will help you learn if restaurants, grocery stores, movies, gyms, and other places are accessible to users of mobility devices to see if it is accessible.

~ POS REP, short for Position Report – An app that links struggling veterans with nearby network of military friends.

~ Senior Discounts: <http://www.wisebread.com/big-list-of-senior-discounts>.

~ 2013 Veterans Day Discounts, Sales, Deals, and Meals: <http://militarybenefits.info/veterans-day-discounts-sales-deals-free-meals/>





Upcoming Events...

September

4th - "Don't Give Up The Ship", 12-1 pm, at the Rotunda in The Ohio Statehouse - a historical presentation from the American and British perspective. A celebration of the War of 1812.

10th - Prepare for War, 12-1 pm, at the Rotunda in The Ohio Statehouse - Remembering the 200th anniversary of the Battle of Lake Erie.

15th - 20th - 2013 National Veterans Summer Sports Clinic, San Diego, CA - for more info go to <http://www.va.gov/opa/speceven/ssc/index.asp>.

19th - 22nd - 2013 Gathering of the Buckeye Coasties in Marietta, Ohio - For more information go to <http://www.cgaalummi.org>.

21st - Air Force Marathon and 1/2 at Wright Patterson AFB - Dayton, Ohio.

28th - "Welcome Home" for the Honor Flight Columbus at 8:30 p.m. at Port Columbus.

28th - 2013 Women Veterans Conference at the Aladdin Shrine Center in Columbus, Ohio from 10 a.m. to 4 p.m.

October

3rd - Recruit Military, Cincinnati, Ohio Veteran Job Fair, Two Paul Brown Stadium 11 a.m. to 3 p.m.

19th - "Welcome Home" for the Honor Flight Columbus at 8:30 p.m. at Port Columbus.

22nd - Central Ohio Homeless Veterans Stand Down at Veterans Memorial from 8:30 a.m. to 1:30 p.m. for more information go to <http://centralohiostanddown.com/>.

27th - Military ID Night at Crew Stadium, the Crew vs. New England.

November

7th - Ohio Veterans Hall of Fame Induction for 2013 class at 11:00 a.m. at the Veterans Memorial - Columbus, Ohio.

8th - Veterans Day Parade and Cannon Demonstration, Ohio Statehouse at noon.

8th - Veterans 5K at the Bogey Inn on Glick Rd. in Dublin, Ohio at 2 p.m. for more information go to <http://www.ultrafit-usa.com/#!veterans5k/c12lp>.



"Veterans ID Cards"

Veterans Id's are now available at the County Recorder's Office located on the 18th floor of 373 S. High Street. For more information got to <http://www.franklincountyohio.gov/recorder/services/veteran-services.cfm>

~ In Memory~



August 15, 1947 - July 8, 2013
Thomas Frederick Heston
Columbus, Ohio



A proud Combat Infantry Veteran of the Vietnam War. Retired from Franklin County Veterans Service Commission in 2008. He will be missed by all that knew him.

June 5, 2013

Floyd H. Sears, MSGT, USAF
(ret) age 82
Ocean Springs, Mississippi



Mr. Floyd H. Sears served 20 years from the Korea conflict through the war in Vietnam. He retired from the USAF in 1971 and became a crusader for promised military medical benefits.

Because of his leadership of the national military retiree grassroots movement it led to the enactment of Tricare for Life (TFL).

Taps

Day is Done...
Gone the Sun...
From the Hills...
From the Plains...
From the Sky...
All is Well...
Safety Rest...
GOD is Nigh.....



*"Tuskegee Airman, who dared to dream,
whose courage changed the nation"*



July 2, 2013

Lt. Col. Haldane King,
USAF (ret) age 91
Columbus, Ohio

&

July 10, 2013
Paul Menefield, age 84
Columbus, Ohio

Retirement.....



July 22, 2013

Ohio Department of Veterans Service (DVS) Director Colonel Thomas N.

Moe (US Air Force retired) who continued more than 46 years serving his state and nation has retired.



*Jason Domínguez was
appointed Interim Director
of the Ohio Department of
Veterans Service*

*The willingness with which our
young people are likely to
serve...shall be directly
proportional to how they
perceive the Veterans of earlier
wars were treated and
appreciated by their nation.
~ George Washington*

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September 2013

- ~ 2nd - Labor Day
- ~ 8th - National Grandparent's Day
- ~ 11th - Patriot Day
- ~ 16th - Stepfamily Day
- ~ 18th - Happy 66th Birthday of the US Air Force & Air National Guard
- ~ 20th - National POW/MIA Recognition Day
- ~ 21st - International Peace Day
- ~ 22nd - First Day of Autumn
- ~ 27th - Native America Day
- ~ 29th - Gold Star Mother's Day

October 2013

- ~ 13th - Happy 238th Birthday of the US Navy
- ~ 14th - Columbus Day
- ~ 16th - National Boss Day
- ~ 19th - Sweetest Day
- ~ 27th - Mother-in-law Day
- ~ 31st - Halloween

November 2013 (Aviation Month)

- ~ 3rd - Daylight Savings Time
- ~ 10th - Happy 238th Birthday of the US Marine Corps
- ~ 11th - Veterans Day
- ~ 28th - Thanksgiving Day
-
- "Peace"**
by Amanda Bradley

**Peace will come when people live
 In friendship, side by side,
 And cherish understanding
 More than hatred, greed and pride.**

**Peace will come when people see
 All people as the same,
 And no one has to live in fear,
 In ignorance, or shame.**

**Peace will come when people
 Who are needy can reach out
 For shelter, food, or love,
 And no one has to do without.**

**Peace will come when people
 Learn to listen and to care
 About the rights and dignity
 Of people everywhere.**

**Peace will come when love and trust
 And kindness know rebirth,
 And on that day all people
 Will rejoice in peace on earth.**

Did You Know...



*That every 80 minutes
 A Veteran Dies from Suicide
 18 Per Day = 540 Per Month = 6,570 Per Year
 More Veterans Die From Suicide Each Year Than All
 US Military Killed in Action
 Since 911 Combined*



*That the Veterans of Foreign Wars (VFW)
 grew from a September 29, 1899, meeting of 13
 Spanish-American War Veterans at a
 Columbus, Ohio tailor shop.*



Honor The Veteran"
By Sunny Paula Barnhart
USMC

Veterans are easy to recognize

By their special swagger

And their shattered eyes

By the way they stand so tall

When the flag is raised

And how they bow their head

When the Lord is praised

**They may have clabbered
 voices**

And brown and mottled skin

A missing arm or leg or eye

**But you can see the youth
 within**

What horrors did they see

What hell did they endure

**To keep my flag and liberty
 secure?**

What would our nation be like

**Without Veterans such as
 these?**

Let us remember each of them

When we bow our knees

**And may we give all
 reverence due**

To the brave men and women

**Who defend the Red, White,
 and Blue**



